



FINATICS MEMBERS RECEIVE THE FOLLOWING BENEFITS AND MORE!

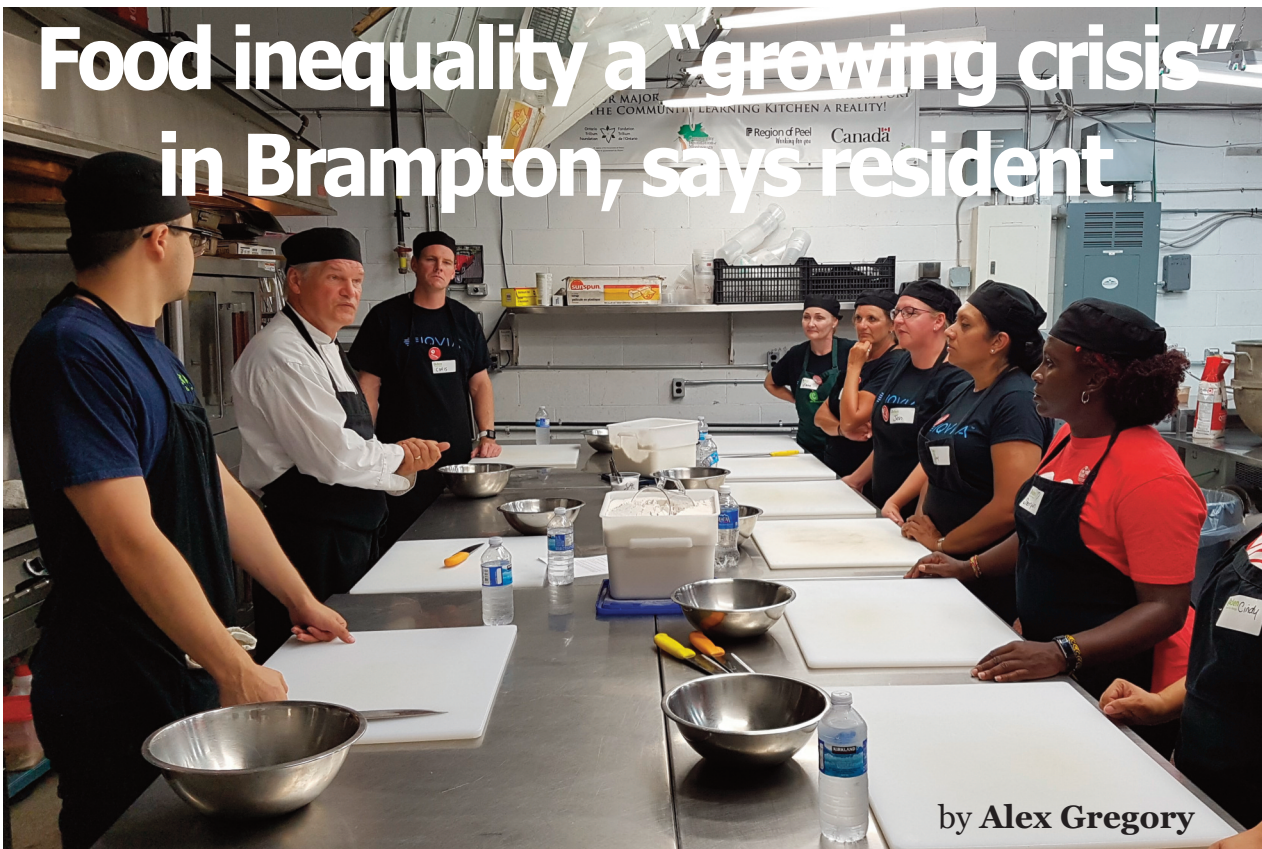


PEEL WEEKLY NEWS

Week of May 2, 2019

MISSISSAUGA | BRAMPTON | CALEDON

Food inequality a "growing crisis" in Brampton, says resident



by Alex Gregory

Volunteer cooks teach a group of residents how to prepare meals for the less-fortunate during an event held at Knight's Table Brampton in Sep. 2018. The agency was cited in a presentation Wednesday about food insecurity in Brampton. (File Photo)

Food insecurity in Brampton is a "growing crisis", a local resident told councillors Wednesday.

An affordable housing crisis and an increasing reliance on soup kitchens and food banks have contributed to an unsustainable situation for many families, said local resident Sylvia Roberts during the city's weekly council meeting.

"The city needs some kind of agency," said Roberts, who was requesting that council direct staff to

gather and harmonize data on the usage of soup kitchens and food banks in the community and report their findings, as well as strategize organizational structures to deliver resources, as well as convey available options to residents.

Part of the reason why resident visits to food banks and soup kitchens has gone up is due to an increasing portion of their monthly salary going towards paying rent, Roberts explained, citing a report distributed by

the Mississauga Food Bank last year that lists more than one-third of residents spending 30 per cent or more of their monthly income on housing, with food bank clients spending 64 per cent of their income on housing. "(This agency) doesn't need to be city-run, but it needs to cover the city... the housing crisis is substantially worse in Brampton," Roberts said.

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Caledon seeks input as regional review deadline draws near

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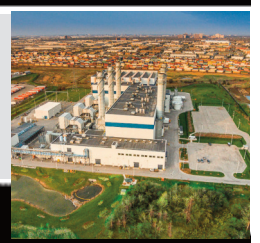
Mobster expected to survive after shooting

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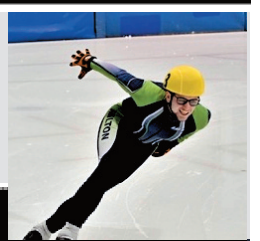
Capital Power picks up the reins on Goreway Station

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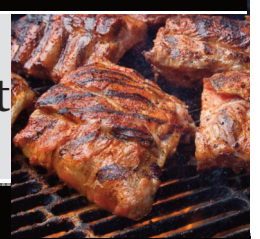
Speed skater goes "fast and furious" at Winter Games

► SPORTS Page 15



Rib 'n' Roll to kick off Brampton event season in style

► LIFESTYLE Page 17



NEWS TALK
SAUGA 960 AM
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THE MARC PATRONE SHOW
MON-FRI 9AM-11AM

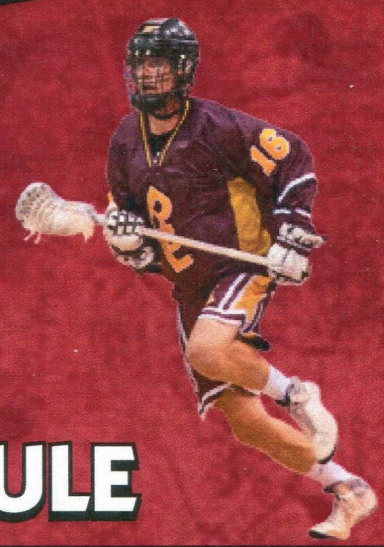
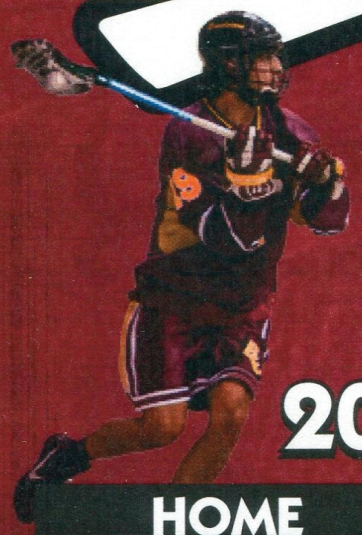
YOUR BUSINESS WITH DAVID WOJCIK
FRIDAYS 11AM-12PM



Excelsiors



**BUG
JUICE**



2019 SCHEDULE

HOME

AWAY

Sun May 26 Peterborough 7 pm
Thurs June 6 Oakville 8 pm
Thurs June 13 Brooklin 8 pm
Thurs June 27 Six Nations 8 pm
Thurs July 4 Cobourg 8 pm
Thurs July 11 Peterborough 8 pm
Thurs July 18 Cobourg 8 pm
Thurs July 25 Brooklin 8 pm
Sun July 28 Oakville 7 pm

Thurs May 30 at Peterborough 8 pm
Fri June 7 at Cobourg 8 pm
Tue June 11 at Six Nations 8 pm
Thurs June 20 at Peterborough 8 pm
Mon June 24 at Oakville 8 pm
Wed July 3 at Brooklin 8 pm
Mon July 8 at Oakville 8 pm
Sun July 14 at Cobourg 6 pm
Wed July 17 at Brooklin 8 pm

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Caledon seeks input as regional review deadline draws near

With less than a month remaining until the deadline for the province’s regional governance review, Caledon is kicking its review process into overdrive with a series of community consultations.

The Town is urging residents to have their say on the looming May 21 deadline of municipal government, following the approval of a second financial report commissioned by the Region.

In a statement Tuesday, Mayor Allan Thompson said Caledon is a key player in providing services and infrastructure to residents.

“In this time of change we need to ensure that our residents have a voice and that the province understands our special perspective on these issues,” he stated.

The governance review has courted controversy over the last few weeks, with municipalities debating over the merits of a Deloitte report that states Mississauga subsidizes up to \$85 million to Brampton per year, along with questions about the value of each municipality.

Mississauga Council adopted a formal position last month that it would argue for independence from the region, arguing that a single-tier setup would provide better value to taxpayers and allow the city to be more flexible with development decisions.

Thompson said Tuesday that both he and chief administrative officer Mike Galloway met with the the province’s advisors for the review, Michael Fenn and former Water-

loo Region chair Ken Seiling, in February to highlight the Town’s economic and environmental role in the region.

Additionally, the Town has launched a public engagement strategy and survey to gauge feedback from residents on their questions about the review and the importance of several factors related to the region, including the way government is structured.

Thompson said he will also be present at a regional review special meeting on May 8 at the Region of Peel Council Chambers (located at 10 Peel Centre Drive), and will be delegating in-person.

When all is said and done, it could be an expensive proposition for Peel taxpayers, with one estimate putting the price

tag of secession at one billion dollars.

A report is expected to be delivered to Premier Doug Ford by the end of

June, and a decision is expected later this fall.

Caledon’s Special Council meeting will be scheduled at a later date - stay

tuned to Peel Weekly News for further updates..



File Photo

Elderly woman victim of Mississauga hit-and-run

A 75 year-old Mississauga woman was the victim of a hit-and-run incident Wednesday evening.

Rafaela Piedrasanta, of Mississauga, was found by paramedics in the Sorrento Drive and Elia Avenue area around 5 p.m. without vital signs, having been hit by a vehicle at the intersection.

Piedrasanta was rushed to a hospital, but later succumbed to her wounds.

Officers were on-scene late Wednesday evening as investigators blocked off the intersection to comb for leads.

According to a Peel Police spokesperson, the collision was captured on video.

The vehicle has been identified as a white 2018 Ford Pick-Up truck with four

doors and a white Leer cap on the box. The vehicle licence plate is AV27643, and authorities are searching for the driver.

Peel Region has seen several hit-and-runs occur at major intersections this year, with the most recent incident occurring on Mar. 19, when 21 year-old Navindra Sookram Singh sustained significant injuries after being hit at the corner of Clark Boulevard and West Drive.

On Mar. 4, 51 year-old Kidist Teffera was struck by an SUV while crossing Winston Churchill Boulevard near Derry Road, and was sent to hospital in critical condition, and on Feb. 9, an elderly man in his 70s suffered a broken pelvis and

two broken femurs after being struck by a car in a plaza at Elmcreek Road and Dundas Street West.

Online reaction to Piedrasanta’s death criticized Mississauga for not taking enough precautions to protect

pedestrians at the intersection, which is a four-way stop.

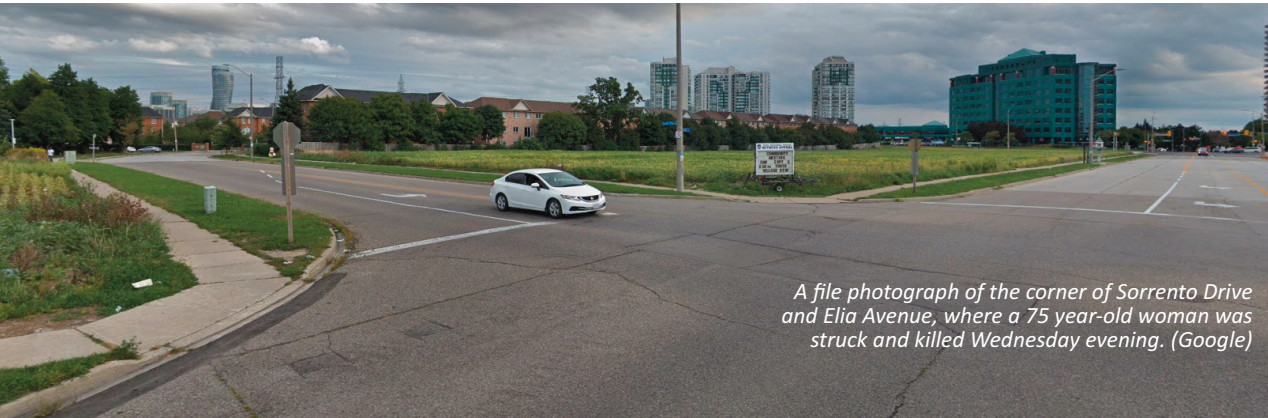
“Everyday I see that drivers are not stopping on all-way sign when people are crossing road,” said resident Tejas Patel, who lives in the

area and has walked past the intersection before.

“Someone had to die before action was taken,” said another resident, Dara Sahhara, who stated that the community has asked for traffic lights with cameras

at the intersection for years.

“People race through this area, and now there’s a 24hr bus service starting soon. Stop neglecting poor communities,” Sahhara said.



A file photograph of the corner of Sorrento Drive and Elia Avenue, where a 75 year-old woman was struck and killed Wednesday evening. (Google)

NEWS TALK
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www.Sauga960am.ca

WEEKENDS

THE ELMNT
SAT 5PM - 8PM

THE WEEKLY SHOW
RYAN GURCHARN
SUN 12PM - 1PM

STAY IN TOUCH

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What does it mean to have “civic pride”?



Peter Whitaker
Publisher

The nature of civic pride is the one question that keeps coming up in relation to Mississauga leaving Peel Region, and I ask - why?

As I've discussed in a previous column, I'm often asked where I come from when I travel overseas, and I always answer with the same statement - “Mississauga, a city just west of Toronto,” to place it in context.

I don't say I'm from Peel Region, because I never thought of Peel Region being my hometown.

I've heard from both Brampton and Caledon residents that they say similar things in their travels.

I have seen the value of Peel Region since its formation in 1974. The Region took on the task of delivering many of the services needed to run a area this large, which was the purpose of the Bill

Davis government back in the 70's to help foster the growth of Mississauga, Brampton and Caledon.

Despite what's been reported by some sources, I can see that they continue to deliver much-needed services today.

The fact that the Ford government chose to review several Regions in Ontario to see if cost savings could be achieved is not a bad thing.

When reviewing the services that all the levels of government supply us, the one thing we notice is that all of them have duplicate planning and development charges, making it harder than ever to get things done... it's time to fix it.

Make the changes needed to satisfy Mississauga, Brampton and Caledon, and let's move on!

The review is now in the last stages of planning, and councillors in all three municipalities have been and will be holding town hall meetings to solicit

feedback from the community.

There isn't long before the deadline for the cities to give their conclusions to the province, so it is important for each area to give a clear directive of what they want - backed by the facts.

The final public consultation will be taking place here at Regional Chambers (10 Peel Centre Drive) on May 8.

Brampton and Mississauga have already had

several town hall meetings, with south Mississauga councillors Karen Ras and Stephen Dasko holding one last night and Brampton hosting a similar event later this evening.

Some smaller groups are also meeting to discuss their own ideas and bring them to the province for the May 8 meeting.

I will certainly give Mr. Ford credit. After the pre-election downsizing of Toronto City Council, the

province did say they would consult with the public and the cities and towns involved in any new changes that may occur in the future.

At the end of the day, the best thing we can do is make sure we understand what's at stake and inform ourselves of the process.

The report will be sent to the government by the end of June, and it should be acted upon by the fall of this year.



“Disproportionate burden” on residents

Continued from Pg 1

Efforts to gain a better understanding of the need for food banks have been conducted in the region over the last several years, with the most recent initiative being the establishment of the Peel Food Charter in 2017.

At the time, the amount of households in the region that were experiencing “food insecurity”, a lack of access to sufficient and nutritious food they need to be healthy and active, totaled approximately 14 per cent.

However, there is little-to-no data available for the exact usage of food banks and soup kitchens in Brampton.

Over the past few years, several organizations, including Seva Food Bank, Knight's Table Soup Kitchen, Brampton Meals on Wheels and Heart

Lake Community Food Cupboard have stepped up to serve hundreds of thousands of meals annually to residents living at or below the poverty line.

The average sources of income come from Ontario Works and Ontario Disability Support, though the issue is underreported and very few have taken notice.

"Knight's Table is reporting this, but how do we know if it's a local issue or spread across the city?" said Roberts.

While the easy answer is to say that the Region “ought to” deal with the issue, boiling the argument down to that point doesn't feed the needy, especially when Mississauga has its own food agency, she explained.

"To say the Region of Peel should do it doesn't feed anyone," Roberts said. "I don't have

Brampton's data, and that's a problem."

Councillors agreed with Roberts' position, and said that more needs to be done to unify and clarify Brampton's food agency status and food bank clients.

"It's important that these groups have means, and a central organizing body to assist them in the

work they provide," said Wards 1&5 regional councillor Paul Vicente, who noted that the request was timely, considering the regional governance review being conducted this spring.

"If we brought them all together, they would be more effective in the work they do."

Wards 1&5 councillor

Rowena Santos also spoke in support of the motion, mentioning that some of the root causes of crime in the city are related to poverty and affordable housing.

The motion was endorsed by council, and will receive a staff report in the near future.



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Opinion

“Love & Courage” - Heartfelt or calculated?

by Surjit Singh Flora

Is it a crime to write a book? Of course not!

Usually, political leaders will write a book and many other people if they have a good command of their writing skills.

However, I believe my thoughts on timing and reasons on a recent memoir go beyond speculation, and that's what taints my reaction to politicians who use such horrific stories for votes.

I have respect and admiration for federal NDP leader Jagmeet Singh, and I appreciate him for presenting his story, just as many other celebrities, leaders and common men have done in the past.

The book, “Love & Courage”, was released last week and describes the difficult times in his childhood.

He starts the book by describing an incident involving a racist woman, who confronted him when he first announced his decision to run for the leadership of the party.

Jagmeet won many hearts by silencing her with a phrase that became a slogan of his campaign, “Love & Courage.”

The most surprising thing about the book is that at the age of 10, Singh was sexually abused by a taekwondo coach, who invited him for extra training from his house while he was growing up in Windsor, Ontario.

“As a kid, I was so embarrassed and ashamed of what happened,” he wrote. Jagmeet is now 40 years old. He said that he tried to forget the tragic event that happened to him, and could not tell his parents about until he was 25. It is also said that the coach has died already.

Due to this accident, he explained that, “I have experienced things that I think many Canadians have gone through – the feeling of not belonging, the feeling of being a victim, of being hurt, being marginalized.” And they are not alone.

The memoir is an important document to understand racial barriers visible minorities face in Canada. Jagmeet shares his firsthand experience with racism in great detail in the book.

Being a turbaned Sikh with facial hair, he not only faced hostility from white supremacists, but also became a victim of racial profiling at the hands of police in Ontario, the province which he called his home for many years.

Singh also talks about the Air India bombing of 1985 and the 9/11 attacks, which brought on more insults and racial slurs for the Sikh community. The explosion on Air India Flight 182 over the Irish Sea left 329 people dead, and has been widely blamed on Sikh separatists seeking revenge for ugly political events of 1984.

This mass murder came after the Indian army had attacked the Golden Temple complex, the holiest Sikh shrine in Amritsar, to deal with militants accused of fortifying the place of worship.

The army's actions left many worshippers dead and destroyed historical buildings. This military invasion also enraged Sikhs all across the world, with Singh's father participating in a protest in Canada.

Jagmeet admits in the memoir that he was denied a visa by the Indian government for seeking justice for the 1984 Sikh massacre.

He writes that, despite repeated condemnation of the

Air India tragedy by Sikhs, the community continues to be maligned unfairly.

Likewise, he was frequently perceived as Muslim after 9/11, and was on the receiving end of racial remarks.

Talking about his personal family matters, he mentions that his father's fight with alcoholism led to the bankruptcy of the family. It must have been very difficult for Jagmeet to share that story, considering his religious background.

It takes a lot of courage to talk about those issues, particularly when one is a leader of a federal party.

Singh also mentions that when he was in grade 3,

playing basketball, another kid called him “Little Nipple-head,” mocking Jagmeet's patka – the cloth worn by Sikh children to cover their hair bun. Young Jagmeet caught the bully off guard by shoving him to the ground.

As a boy, Jagmeet says he jumped at the chance to join the martial arts class. His Sikh identity had attracted the attention of school bullies, he said, and he was eager to learn to defend himself.

Many voices on social media, including Prime Minister Justin Trudeau, have come out to discuss the book, which is being released just six months before the election, with some saying it's nothing more to get sympathy to get votes.

Because the book isn't a political policy-filled publication, it speaks to why Singh, as the NDP leader, prioritizes certain personal issues and values.

Even it's about the sympathy and votes, I'm thrilled that Jagmeet Singh is contributing to open dialogue about these issues.

Every prominent person in society who comes forward like this helps contribute to a culture of better communication on the topic and less stigma. Especially for an issue like sexual abuse, where a large part of the problem is that victims do not feel like they can come forward.

I don't think everything needs to be a political calculus about winning the election, and I think his story is valuable independent of those concerns.

Also, it will be encouraging those with influence come forward with their stories of survival. It does help many more victims of sexual abuse and give them a chance to face the real world.

In other words, if we translate his words, it's Jagmeet's best effort to introduce himself to Canadians and share his story with the world, including the story of trauma he experienced.

Viewing this as a political move is messed up and verges on victim blaming. It makes the whole world ashamed.

While Trudeau and Scheer disgust me on their policies, I would never accuse them of playing politics for coming forward as survivors.

Sexual assault survivors make up a large percentage of our fellow citizens. It's courageous for anyone in public life to tell their story.

If it is a political ploy and all or some made up stories, then it is the worst one ever. People look for strength in their leader, and by framing himself as a “victim,” he's just consigned himself to permanent political irrelevance, though I suppose he was pretty much there already.



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**Annual General Meeting
May 14, 2019 | 6:30 p.m.
Albion Bolton Library**

**with special guest speaker,
Colleen Lipp, CPL CEO and Chief Librarian**

Mississauga man charged with numerous offenses

An 18 year-old Mississauga man is under arrest in connection with a physical altercation last Thursday, Peel Police have announced.

12 Division said the arrest happened after an incident that took place in the Hurontario Street and Rathburn Road area around 2:30 p.m.

The suspect entered into an altercation with a 19 year-old woman, at which time police were called.

Upon responding, the suspect fled and discarded a firearm in the process. After a brief pursuit, the suspect was apprehended by police.

Corey Burke, of Mississauga, was charged with numerous offenses, including one count of possessing a loaded firearm, two counts of assault, one count of possessing a controlled substance, and more.

Burke appeared in Brampton court for a bail hearing on Apr. 26.

Residents who have any additional information pertaining to the case are asked to call 12 Division's Criminal Investigation Bureau at (905) 453-3311, ext. 1233.



Flood watch in effect for Lake Ontario

Peel Region's recent troubles with flooding is set to continue, as a flood watch has been initiated for Mississauga.

The City of Mississauga made the announcement Wednesday afternoon, noting that water levels are continuing to rise due to easterly winds and recent precipitation.

"Residents are asked to stay away from the waterfront around Lake Ontario particularly parks and trails," the statement.

The advisory comes just days after a flood warning was issued after 30-60 mm of rain throughout the region.

Municipalities are no stranger to flooding and rising water tides, with Bolton bearing the brunt of an ice jam that resulted in property loss in the downtown core.

Access to several south Mississauga sites, including the Marina Park public boat launch, St. Lawrence Park and Jack Darling Park, have been closed off due to water washing over some of the pathways, along with the Lakeshore Road pedestrian underpass.

CVC, along with city staff, said in a joint statement that they would issue further flood alerts if needed, and will be monitoring the waterfront areas.

A further 15-65 mm of rain is expected through this evening, according to Environment Canada, Thunderstorms and an additional 10-15 mm are possible in some areas.

For safety and to reduce potential damage, residents should avoid walking or driving in flooded areas, stay away from creeks, rivers and streams and clear debris from catch basins near their home or business, as long as it is safe to do so.

Residents can report flooding by calling 3-1-1.

Mobster expected to survive Mississauga shooting

A Hamilton man with ties to mob elements is expected to survive a shooting that took place in Mississauga last week.

51 year-old Pasquale Musitano, of the Musitano crime family, was shot several times outside his lawyer's office in the Hurontario Street and Matheson Road area last is no longer considered to be in life-threatening condition being shot multiple times outside his lawyer's office in Mississauga last Thursday.

Musitano was shot several times, including a gunshot to the head, around 7 a.m., outside the office of lawyer Joseph Irving. It is alleged that the two men were involved in a scam involving a construction and paving company.

The shooting is being treated as a case of attempted murder, say police, though whether the incident had anything to do with Musitano's ties to organized crime or the construction scam is still unknown.

The Musitano family has long been a staple of the Hamilton organized crime scene, having fought for control with other groups in incidents dating back to the 1960s.

Those with information, video surveillance or dash cam footage in relation to the shooting are asked to contact the investigators at 12 Division's Criminal Investigation Bureau at (905) 453-2121, ext. 1233.



MBOT TV Weekly Recap



Policy centre shuttered after funding agreement pulled

by Alex Gregory

The policy centre behind a report commissioned by the Region of Peel last month has announced it will be closing its doors.

The Mowat Centre, a public policy think tank that operates out of Toronto, announced Monday that it would be closing its doors due to the cancellation of its funding agreement with the province.

"We would like to inform (the centre's) many partners and supporters that, as the result of the cancellation of its funding agreement with the Government of Ontario, it will soon be closing," said a statement by its director, Andrew Parkin, who indicated that the centre would be ceasing operations no later than June 30.

The Centre, which is backed by the Munk School of Global Affairs and the University of

Toronto, operated for the last decade and helped influence policy-making and public discussion through the creation and distribution of reports and articles addressing challenges facing governments at all levels.

Mowat previously received a million-dollar grant annually from the province to pay for salaries and expenditures.

The cancellation of the funding was not just limited to Mowat, but to "all think tanks", the office for Minister of Trade Todd Smith confirmed earlier this week.

Mowat was behind the creation of a report, "Rethinking Municipal Finance for the New Economy", released a month ago and commissioned by Peel Region, which examined the impact of employment and economic trends on municipal revenues, and

how it is causing a greater reliance on the residential tax base.

"How should municipalities respond? The key will be modernizing municipal revenue generation to reduce reliance on land-based tax sources," the report's executive summary reads.

In his statement, Parkin said that the centre has worked collaboratively with researchers and organizations to help meet policy challenges facing the province, and that he was heartened to see that its legacy has influenced other policy researchers and alumni.

"I am sure that it is not lost on any of us that the Mowat Centre is closing at a time when the twin challenges of transforming government and strengthening the federation are perhaps more acute than ever," said Parkin. "I sincerely hope that the work that the

Mowat Centre has conducted since its inception will continue to be a useful resource for all of us working to address these issues."

Online reaction to the centre's closing was strong, with many sharing their memories of the centre and the impact it had on them.

"I'm devastated to see that (the Mowat) Centre

is no more," said Ottawa-based researcher Amanda Parriag. "It was a beacon of excellence in the research and policy development sphere."

Twitter user Rod Skinkle agreed, saying he was sorry to hear the news.

"It feels like the gradual depletion of independent thinking and voice in this country - at a time when it is most important,"

Skinkle said.

Others, including Sheamus Murphy, a vice-president with Counsel Public Affairs, took the province to task for pulling the funding.

"This is terrible news! Ontario gov't decides study of Ontario public policy no longer required? What a tremendous loss," he said.



Mississauga
Ward 1 Councillor

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Mississauga Wards mull secession during town hall

by Catherine Soplet

"Regional governance" was on the tip of everyone's tongue, as more than 100 people from Mississauga Wards 1&2 showed up Wednesday for a town hall meeting at the Port Credit Legion.

The event was called by Ward 1 Councillor Stephen Dasko and Ward 2 Councillor Karen Ras, based on residents' concerns arising from an earlier town hall meeting held at the Civic Centre on Apr. 8 that saw residents express their concerns on the upcoming provincial review.

At the time, many residents were upset because the City of Mississauga adopted a position, in principle, to secede from Peel Region without either consulting them for their views nor providing a third-party analysis.

This time, a number of residents were upset that a \$60,000 post card campaign to Mississauga residents was intended to encourage their postage-paid message to the Ontario Premier for independence from Peel Region.

Port Credit resident

Jonathan Giggs pointed out that "the City printed its independence campaign postcards ahead of tonight's consultation. Some of us want to see explicit tick-box for the other options under consideration (amalgamation, regional efficiencies review), including a "NO" option to independence from Peel Region."

The independence campaign postcards will be delivered by Canada Post, beginning on May 2.

Unfortunately, another mistake from the Apr. 8 town hall was repeated at Wednesday's event.

Although Mississauga Councillors have a dual role as Peel Regional Councillors, no representative from Peel Region was available to balance and oppose the case made by Mississauga to request its single-tier status.

Instead, City Manager Janice Baker reprised "Mississauga's Position on the Future of Regional Government" from last month's event.

As a status update, Baker told residents that public pressure led to a deadline extension until May 21 for

submissions to the province's Regional Municipal Review.

In addition, to address alleged gaps to conduct a transparent process, consultants Ernst and Young have been retained by Peel Regional Council to prepare an objective overall impact analysis of amalgamation and dissolution in consultation with the three municipal plus Peel regional councils.

In the end, the tone of the meeting proved to be more measured than the event held last month at Council Chambers.

Participants were comprised of mostly seniors who were long-time community builders from ratepayer associations, environmentalist, heritage and service groups.

Questions were also raised about the emphasis on reconciling property tax revenue by contribution.

"We have to look to the future, not the status quo," said Sheridan Homelands resident Pieter Kool. "If Ward 2 behaved like Mississauga, Ward 2 would want to secede because it pays

more taxes out than the value of benefits it receives from the City of Mississauga.

"Ten years from now, if we don't have a vision for Mississauga, then we may see Brampton surpass us," Kool concluded.

Kool suggested that amalgamation of Mississauga with Brampton should be considered. Investments now to ignite Brampton commerce could result in repayment plus benefits.

Councillor Karen Ras received sympathy when she

spoke about the barrage of axed and adjusted budget funding announced by the Ontario government.

In recent weeks, restructuring of health care, ambulance services, transit, conservation areas and development charges will lead to job and services losses, on top of pink slips already being served amongst social services and school boards.

"The City set its budgets January. Now, funding cuts are being announced retroactively to Apr. 1," said Ras. "We are faced with a

legislative mandate to nonetheless balance the City and Regional budgets."

The final Ward 2 resident speaker, Bill Chudiak, gave the crowd a call to action.

"To get action on our issues, we have to get on the phone to our Members of Provincial Parliament, write them letters and knock on doors.

"Let's support our councillors and help them get more time, so we can get better answers from this government," said Chudiak.



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Letter to the Editor

The following letter was submitted to Peel Weekly News by a local business in Lakeview:

As one of the first casualties of "Inspiration Lakeview", Kamp K-9 Inc., a well-known, multiple award-winning dog boarding/daycare/training/grooming facility in Lakeview, is being forced to close by the new landlord/developer.

By the very nature of the beast that is "progress", they are looking for double the rent and are refusing to perform any much-needed repairs to the facility.

They advise they can flatten the building to the ground and still get more of the almighty dollar.

Kamp K-9 has been in this location for over six years and has been given only one month to vacate the premises, regardless of any dogs that have booked boarding over the next six months, or the time required to firstly find a new location.

We also have to move our current inside structures (plexiglass, fencing, rubber flooring, grooming equipment, furniture, phones, computers, etc) out of the facility, along with our

newly built outside fencing, let alone have time for a new location to be zoned, licensed and obtain the permits required to re-build.

The community advised at the "Inspiration Lakeview" meetings that they would like to see a dog boarding/daycare/training/grooming facility as part of their new, fresh environment, but it doesn't look like Kamp K-9 will be that facility now.

Our wonderful staff, clients, family, friends and supporters are diligently looking for a new location for us but, with only one month, it is unrealistic that we will find one.

We will not give up and hope to re-open somewhere soon but, in the interim, we would like to thank all of those people (and four-legged friends) who helped make Kamp K-9 Inc. one of the most prestigious dog care facilities in Mississauga.

It is a very sad time for us right now. We are all devastated by this current development.

Peel Weekly News may edit letters for clarity and length.

School board responds to planned cuts

The following is a letter that was distributed by the Peel District School Board on Friday afternoon regarding a planned funding announcement by the Province of Ontario:

The Ministry of Education announced school board funding allocations, also known as Grants for Student Needs (GSN). What we heard were overall, province-wide budget numbers. At this time, we are waiting to learn the specific allocations for the Peel District School Board.

We expect to receive board-specific details in the next two weeks. When we have reviewed our funding allocations, we will provide an update to the community.

The ministry's GSN memo confirms some of what had been previously referred to by the ministry and new provincial funding details.

Class size changes were confirmed.

For Kindergarten, there are no changes to either the caps or the average class size requirements. Funded average class sizes would remain at the current level of 25.57, but there is a reduction to funded Designated Early Childhood Educators (DECE) from 1.14 to 1.0. The ministry will also introduce new funding to assist with DECE supply costs. The class size regulation requires that on our count date, the average Kindergarten class size across the board be no larger than 26, with no class being larger than 29.

For Primary (grades 1 to 3), there are no proposed changes to either the caps or the average class size requirements of 19.8 students.

For Intermediate (grades 4 to 8), all school boards will be required to maintain a board-wide average class size of 24.5 or less, while the funded average class size would move from 23.84 to 24.5. This has

already resulted in staffing cuts at the Peel board.

For Secondary (grades 9 to 12), average class size requirements have been adjusted from 22 to 28 students.

This increase will be phased in over the next four years. In Peel, our class sizes in secondary will move from 22 to 23.74 in 2019-20, resulting in staffing cuts.

As a result of increases to secondary class sizes, students will have less choice when selecting courses. We expect course re-selection to take place in many Peel secondary schools this Spring.

We are pleased to hear that the government will provide attrition protection funding to protect staff impacted by changes to class sizes and e-learning.

Once we learn the board-specific details, staff who were impacted by these changes will be contacted.

It's not yet clear if this funding will also protect jobs that were affected by cuts to secondary programming and local priority funding, announced earlier this year, that are unrelated to class size increases.

These changes have already resulted in staffing cuts at the Peel board.

The Ministry announced a Priorities and Partnerships Fund (PPF), replacing the previous Education Programs - Other funding. For 2019-20, the PPF will provide up to \$330 million in funding to support ministry priorities, including Indigenous education, math, mental health, parent engagement and special education. The program allocations are outlined here.

Ministry has indicated it will increase the School Renewal Allocation provincially by \$40 million. This renewal funding is provided to address facility condition, provide healthy and safe learning environments, and address energy efficiency and accessibility requirements of schools.

The amount of funding the Peel board will receive has not been shared yet.

To align with the proposed changes to secondary class sizes and to reflect other updates, the Supplementary Area Factor for school facility operations, within the School Facility Operations and Renewal Grant, will be updated.

These changes will be phased in over five years and will likely result in a decrease in facilities funding. Board-specific details aren't yet available.

Transportation funding remains unclear at the board-level, but the ministry has indicated that it will increase funding by four per cent. This will not address our 15 per cent increase in transportation costs. We are waiting to hear what their stabilization funding will look like.

The ministry will provide a one per cent salary benchmark increase for staff in 2019-20, to reflect previously negotiated (2017-19), central labour agreements.

The ministry introduced an International Student Recovery Amount (ISRA). Beginning in 2019-20, a school board's total GSN operating grants will be reduced by an amount equal to a flat fee of \$1,300 multiplied by the international student enrolment, pro-rated where the students are not full-time. In Peel, we welcome approximately 500 international students. This equals an approximate loss of funding of \$650,000 for the Peel board.

As we work through our budget process, we are mindful of the impact announcements and shifts in practice will have on both students and staff. Please be assured that we will do our best to support our community throughout these changing times.

- Peel District School Board



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Natalia Kusendova is the youngest female MPP elected to Ontario's 42nd Parliament. As a Registered Nurse, she is passionate about bringing health-care transformation to our province. She is proud of her Polish & Slovakian roots and proud to call Mississauga home for the last 17 years.

PEEL WEEKLY NEWS BUSINESS

Digital Newspaper

Minister announces investment for seniors' programs

by Alex Gregory

A national strategy for improving the lives of Canadians with dementia and a national pharmacare plan are some of the planned improvements that will be coming to seniors, a federal minister told residents in Mississauga last week.

Filomena Tassi, Minister of Seniors, made the announcement during a stop in the city, speaking to residents at the Active Adult Centre in the City Centre, along with a town hall meeting held at Sheridan College's Hazel McCallion Campus with other MPs in the evening.

The 2019 budget outlines a number of upgrades and investments the feds say will improve active participation for seniors, including increased funding to the

New Horizons for Seniors program, additional volunteer opportunities, greater security for workplace pensions and improvements to the Guaranteed Income Supplement (GIS) exemption.

"We know that when seniors can fully participate in society, everybody benefits," said Tassi, who previously visited the region last year to highlight success stories from the New Horizons program.

"We are taking more steps to strengthen seniors' connections within their communities, provide support to those who choose to stay in the workforce and ensure they have access to the benefits they are entitled to so they can stay active and involved throughout their retirement years."

According to census data, seniors are the fastest-growing demographic group in the country, with the total population of the demographic expected to pass 9.6 million by 2030 - representing one-quarter of the country's population.

The New Horizons program will receive \$20 million per year ongoing, according to the 2019 budget, to support initiatives and opportunities that will contribute to the health and well-being of seniors.

Community organizations that have activities geared to seniors can sign up for the program, which awards up to \$25,000 in grant funding, and up to \$5,000 in new small grant funding.



401 Expansion Gets \$640 Million Investment

West Corridor Constructors has received the contract for an upcoming expansion of one of the GTA's busiest highways.

The consortium of developers, which include Toronto's Aecon Construction, Virginia-based Parsons and Windsor-based Amico, announced the successful acquisition of the contract, which is valued at \$639.8 million.

The winning bid was selected by Infrastructure Ontario (IO) and the Ministry of Transportation Ontario (MTO) to design, build and finance the project, which is ex-

pected to commence in the fourth quarter of this year and be completed in 2022.

The project will consist of 18 kilometres worth of reconstruction along Highway 401, running from the Credit River area to Regional Road 25 in Milton.

The expansion will include two 10-lane segments, two 12-lane core collector systems and High Occupancy Vehicle (HOV) lanes.

Bridge reconstruction and replacement, structural culvert replacements, drainage and

utilities work, as well as ecological restoration, are planned for the project.

"Along with our partners, Parsons and Amico, we are pleased to work with Infrastructure Ontario and the Ministry of Transportation to deliver this significant project which will ultimately reduce traffic congestion and improve quality of life for commuters along the GTA corridor," Aecon Group's president, Jean-Louis Servranckx, said in a statement Wednesday.

MiWay gets 24-hour service on key routes

Customers using public transit in Mississauga now have 24-hour access to key routes, representatives from the city's transit operator said last week.

Four routes, including the 1 Dundas, 3 Bloor, 7 Airport and 19 Hurontario lines, are now operating on 24-hour schedules, said MiWay representatives, along with increased frequency on major transit arteries.

The improvements also include service additions and changes to multiple lines, including 42 Derry (which will no longer service Meadowvale Boulevard and Old Derry Road), 57 Courtneypark (which will now service Meadowvale Boulevard and Old Derry Road, while removing the Islington Station stop) and 61 Mavis (revised weekend

routing)

The 57 Courtneypark line will also have more frequent rush hour service (every 16-18 minutes) and new mid-day service added (every 20 minutes).

Seasonal service changes will include annual adjustments to weekday service on key routes that travel to Sheridan College, Humber

College and University of Toronto Mississauga (UTM).

The seasonal changes will affect routes 66 - McLaughlin, 101 - Dundas Express, 104 - Derry Express, 107 - Malton Express and 110 - University Express. These services will be restored in September.



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Capital Power picks up the reins on Goreway Station

A Brampton power station has been purchased as part of an agreement by an Edmonton corporation.

Capital Power Corporation, which operates out of Edmonton, Alberta, announced Tuesday that it has spent \$387 million to purchase the Goreway Power Station, located at Brampton's north end.

The agreement will see Capital acquire the power station, which generates 875 megawatts of natural gas power, through \$387 million in cash, along with the assumption of \$590 million in project-level debt.

The acquisition will leverage Capital's operating capabilities and providing operating and market synergies over time, along with an existing clean energy supply

contract with the province's independent electricity system operator that will run through June 2029 said the corporation's president, Brian Vaasjo.

"The Goreway facility is an excellent strategic fit to our growth plans given its size, excellent operating history, location, and remaining contract term to 2029," Vaasjo said Tuesday morning. "With its strategic location... the Goreway facility is an important asset in Ontario's electric system."

The acquisition will be financed proceeds raised through a \$130 million subscription receipt offering, alongside further funding cycles. The deal is expected to close in the second quarter of the year.

A public offering will

also be made available, as of Wednesday, and is expected to be available until next Wednesday (May 8).

Goreway Power Station previously courted controversy in Dec. 2017,

when the Ontario Energy Board initiated an investigation over concerns that the power station received approximately \$100 million in payments over a period of several years. The eventual re-

port from the investigation led to the station being fined \$10 million from Ontario's Independent Electricity System Operator (IESO).

The power station is located on 130 hectares of

land, and is connected to the TransCanada pipeline via a lateral owned by Enbridge. The site also connects to the Dawn and Parkway gas trading hubs.



Brampton makes push for 5G connectivity

Brampton council approved a motion last week to investigate the costs and benefits of becoming a 5G enabled city.

The motion, which was moved by Mayor Patrick Brown, will see city staff research how much it would cost to integrate programs and services with 5G (fifth-generation) wireless technology, which would greatly expand the city's cellular framework and leverage existing initiatives via the Brampton 2040 Vision and the Smart City Strategy.

"Our city has many of the components required to become one of the smartest urban destinations in the world, creating jobs," said Brown.

During the discussion, councillors highlight the

city's Economic Development master plan, which highlights innovation and technology as a key component, as well as potential economic and technological benefits for local businesses and residents.

Staff will be directed to explore collaboration and partnership opportunities to implement 5G technology throughout the City and report back at a future council meeting.

"We are already a leader with significant fibre optic infrastructure and moving forward with the CyberSecure Catalyst," said Councillor Rowena Santos. "Today, we took another competitive leap to become an early 5G deployment city."



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Investing in quality of life for our seniors

by Sylvia Jones, MPP

In Ontario, more than 60,000 hospital emergency visits occur each year as a result of chronic pain, gum disease, and tooth infections.

A high percentage of these emergency visits are by senior citizens. About two-thirds of low-income seniors don't have dental coverage.

That is why our government is investing \$90 million into a program for low-income seniors to receive dental care. This program is expected to begin in 2019.

Untreated oral health problems can cause serious diseases, a decreased quality of life, and create a reliance on emergency departments at hospitals.

This costs the Ontario health care system about \$31 million each year.

Providing dental care to low-income seniors will reduce the amount

of visits to the ER for oral health issues and is protecting what matters.

The income threshold for the new dental program is the same as the Ontario Drug Benefit, which will be familiar to seniors who are covered for prescriptions with more than 4,400 medications included.

Both programs will use an income of \$19,300 or lower or a couple with a combined income of \$32,300 or lower as the threshold.

Residency in the province, income and no existing dental coverage are the parameters for eligibility.

As an MPP, I have heard often from residents throughout Dufferin-Caledon that dental care for seniors is not only needed but it is necessary.

I am pleased that we are making a difference for many seniors in my

community who are struggling with poor dental health. I know there are seniors who are living in pain because of dental problems who simply cannot afford to go to the dentist. This program will improve their quality of life.

Seniors are the highest growing demographic in Ontario, growing by 100,000 each year. 13.9% of the Dufferin-Caledon population is 65 years of age and older based on the 2016 Canadian Census.

By 2023, there will be about 3 million seniors in Ontario. A majority of seniors want to live independently in their communities.

We need to provide support to these seniors in order to ensure that they are able to live with a high quality of life.

We want to ensure that seniors are able to be so-

cially connected, healthy, safe, and active. Programs like the Ontario Drug Benefit and the new Seniors Dental Care

Program will help to achieve that goal.

If you have any questions about the Ontario Seniors Dental Care Pro-

gram or the Ontario Drug Benefit, please call my office at 1-800-265-1603 or visit my website at sylviajonesmpp.ca



Credit Valley Trail gets boost from highway operator

by Alex Gregory

One of the region's biggest conservation areas got a big boost from the operator of one of the GTA's busiest highways last week.

Credit Valley Conservation is set to receive \$100,000 over the next

five years as part of a corporate partnership with the 407 ETR Concession Company - the first in support of the Credit Valley Trail project.

The trail is planned to run for 100 kilometres through the Credit River

Valley, spanning from Orangethorpe to south Mississauga, and will include involvement from more than a hundred community members and partners.

The investment from the 407 ETR is the first

corporate partnership in support of the project, and will help shape the trail's planned route around the highway and provide financial support.

Credit Valley Conservation was thrilled to wel-

come 407 ETR as a corporate support, said CVC Foundation president Terri LeRoux.

"This partnership supports the first steps along the path to start building this project on the ground. 407 ETR is now part of the trail's story connecting people to nature, rich cultural experiences, Indigenous heritage and the sustaining waters of the Credit River," LeRoux said last week during the announcement.

The genesis for the project came 60 years ago, when CVC brainstormed ideas for a fully-connected trail that would run through the Credit River Valley. Since then, it has attracted support from all three municipalities, along with the Mississaugas of the

Credit First Nation and the Credit Valley Heritage Society.

The project has also received support and funding from the province and the Greenbelt Foundation.

"This development is especially exciting for us," said 407 ETR president Andres Sacristan, who noted that the company is proud to be part of the initiative. "The trail (crosses) directly underneath the highway, making it easily available for our customers to enjoy."

More than 415,000 trips are made across the 407 ETR each day, according to a statement by the concession company, and that number has increased steadily since opening in 1999.



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United Way GTA brings \$3.5 million investment for local youth

\$3.5 million in funding is being invested into local youth employment programs throughout Peel, United Way GTA announced earlier this week.

The community service agency, which serves Peel Region among other municipalities and cities,

made the announcement on the launch of Youth Week, which runs through May 7, and will support programs that are intended to give youths a more meaningful start in the workplace.

In total, the investment will support 30 programs

that support youth facing multiple barriers, including racialized, LGBTQ, Indigenous, newcomer, low-income, and disabled youth.

Representatives from the agency say that young adults have been deeply affected by the changing na-

ture of work and are now more likely to work in part-time, contract and temporary positions than they were in the past.

Youth unemployment has also been on the rise for more than a decade and research shows that not everyone has equal ac-

cess to opportunities – increasingly, background and circumstance determine who gets ahead.

The right investments in the beginning of a young person's working life can help curb youth and family poverty for years to come.

A priority for United Way is to help young people thrive and reach their greatest potential by ensuring they can access life-changing supports like mentorship, networking opportunities, skills training, and job placements, said one of United Way GTA's top executives.

"An investment in young people is an investment in our region," said community opportunities vice-president Nation Cheong. "We invest in strategies and initiatives that enable the full potential in all youth and embrace the diverse contexts in which they live."

This youth employment investment supports four streams of work, including

Career Navigator, which helps youth gain industry-recognized credentials needed for in-demand employment opportunities in four sectors: hospitality, construction, IT, and health and social services.

netWORKs, which connects young people to opportunity through career-oriented networking and mentoring connections through training, group and individual sessions, and structured one-on-one relationships. The Centre for Education & Training, which has multiple locations in Peel, is a recent beneficiary of this stream.

Program Grants, which increase employment opportunities for youth facing multiple barriers.

Development Grants are capacity-building grants that support improvements to employment programming for youth facing multiple barriers.



Participants attend a netWORKS session at United Way Greater Toronto. (Submitted Photo)

Brampton shines a light on emergency preparedness with new program

Brampton staff will be launching a new program next week designed to provide safe harbour during times of a city-wide emergency.

The newly-dubbed "Lighthouse Program" aims to create a network of spaces offered by members of the faith-based community, which are intended to be open to all members of the community, regardless of their beliefs, in times of a wide scale emergency.

The program will be launched at the city's annual Emergency Preparedness Week, which runs from May 5 - 11.

The program is intended to show how faith-based organizations can come together in times of a crisis and help the city, said Mayor Patrick Brown.

"Brampton is a mosaic

of beliefs and cultures, and all have a part to play in the safety and wellbeing of the city," said Brown earlier this week. "I encourage more faith-based organizations to join this crucial community initiative, and urge residents to learn more about the program."

Open house events will be held at "lighthouses" during Emergency Preparedness Week, giving Bramptonians an opportunity to visit the facilities and learn more about the program and its benefits.

The Lighthouse Program will boost the city's emergency preparedness and response mechanism, particularly at a time when natural disasters, such as floods and storms, are on the rise.

"Emergencies can happen anytime and any-

where," said Councillor Rowena Santos, who chairs the city's Community Services board.

"Emergency preparedness is, above all, our personal responsibility. Be aware, be prepared, and make it your priority to collect articles for an emergency preparedness kit, if you haven't done so already."

To date, four faith-based facilities in Brampton have signed to participate as "lighthouses". There are approximately 90 faith-based facilities in Brampton, and all are welcome to participate in the program.

For more details on the program, including the schedule of open house events, visit brampton.ca/lighthouse-program.



More than 300 members of local unions circled through the Kingsbridge Garden Court area last week near Mississauga-Centre MPP Natalia Kusendova's campaign office, part of a series of protests being held throughout the province to protest planned cuts to educational programs. The Peel District School Board previously announced last week that it would be cutting approximately 369 permanent positions in the coming school term. In a statement, Kusendova said that the province will provide \$24.66 billion in education funding to school boards in 2019-20, and that the province will ensure the success of students. "We are modernising the classroom and updating the curriculum to make sure our students succeed in math and literacy.... (this will) ensure future success for our students." (PWN Staff Photo)

PEEL WEEKLY NEWS SPORTS

Digital Newspaper

Loafer's Lake set to get needed upgrades

The pool's closed. Loafer's Lake Recreation Centre is set to receive a host of renovations as part of a push to modernize community centres in the city, and will be closed for renovations for the balance of the year before opening next fall.

Located at 30 Loafer's Lake Lane (Kennedy Road

and Sandalwood Parkway), improvements to this facility will include new fitness change rooms, family change rooms, a sensory room, refurbishments to the lobby, pool and parking lot, improved accessibility, a number of mechanical upgrades will also be completed to modernize the building's electrical

and HVAC systems and much more.

Facility users and program participants will be accommodated at other City of Brampton recreation centres for the duration of the closure.

Fitness members with an active Loafer's Lake Neighbourhood Membership purchased on or prior to Feb. 1, 2019 will

be permitted to use any City of Brampton Facility during the closure.

Squash participants, and Inclusion programs will be relocated to Jim Archdekin Recreation Centre, located at 292 Conestoga Drive (Kennedy Road and Bovaird Drive).



Getting the Kids Ready for Spring and Summer Sport

After a long, cold and snowy winter the sun is beginning to shine again. This means the kids are getting ready for summer vacation from school and are going to need to do some activities before they drive you crazy. This could be anything from baseball to soccer and even swimming and dance but before you register them for a program lets make sure that they are ready.

To help get the kids ready for fun and to make sure that they are ready to play, we've got some tips to ensure that they have a successful and injury free experience.

1) We all want our kids to be the all-star on the team and hit the game winning home run or score that goal that wins their team the trophy. As parents, however, we need to step back and let the coaches be the coaches, this means having a talk with your child to ensure that they can respond to the coach and receive direction from them at practice and during the game.

2) Have a quick check-up done at your doctors to ensure that they don't have any allergies that may come up or if they are experiencing pain from some unknown factor.

3) If your child is participating in multiple sports or teams, keep an eye on how

they feel. They may be getting tired and need to take a break every now and then so that they avoid injuring themselves.

Even the pros know how and when to take a break.

4) Make sure to have healthy snacks and water available. Some kids may run to the sports drinks and chocolate bars, but the healthier the snacks are the more advantage they will have as the proper nutrients are entering their body.

5) Encourage preparation in your child. Have your child properly stretch before and after a game and practice, this will prevent them from getting any unwanted injury or muscle strain.

6) Be involved in the process. More than buying the best equipment an athlete can have, your child will do as you do, so encourage them to have an active lifestyle by being a positive example.

At the Core, we encourage you and your family to have an active lifestyle. We would be happy to provide some more tips and advice to be ready for an active lifestyle.

*Dr. Pat Graham BSc., DC.
Chiropractor, Core Optimum Health Centre
(416) 613-8110
thinkcore.ca*

Speed skater goes "fast and furious" at Winter Games

His speed is like a bolt of lightning, the sound of his blades digging into the ice, winning three gold medals is a result of dedication and determination.

Jackson Tomlinson attended the Special Olympics Ontario Winter Games in Sault Ste. Marie, which ran from Jan. 31 through Feb. 3, where he competed in the Speed Skating event.

Jackson is very serious and competitive when it

comes to races; he won three gold medals in the 222, 500 and 777 meter races.

In a recent interview, Jackson said his love for the sport started when he watched the Vancouver 2010 Winter Olympics.

"I decided I wanted to be a speed skater after watching Charles Hamlin, he motivated and inspired me," he explained.

In Dec. 2010, Jackson laced up a pair of speed

skates for his very first time. From that moment on, he was hooked and fell completely in love with the sport.

"Speed skating has provided me with so much confidence, my best friends are from the sport and I really enjoy the inclusive and positive environment."

Anything is possible, but not until you believe you can achieve it.



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Picking the Right Running Shoe This Summer

by Dr. J. Alex Coulson

With the Mississauga Marathon and multiple races coming up this weekend, it is important to have the right shoe to prevent squashing your goals and any injuries.

The function of a running shoe is to protect the foot from the stress of running, while permitting you to achieve your maximum potential. When it comes to picking the right shoe, there are many different options, although selecting the right shoe for your foot can be confusing without the proper knowledge.

Individuals with low arches have what's called pronators, as their foot falls inwards and pronates when they walk due to the low arch. These pronators will need a shoe that provides stability.

Opposite to low arches, some people have high arches. These individuals are known as supinators, as their foot falls outwards and supinates during their normal gait. For supinators, it is important that they have a shoe with good cushioning.

There are four main features that you need to consider when selecting a running shoe: shape, construction, midsole and weight.

Shape

To determine the shape of the shoe, look at the sole. Draw a straight line from the middle of the heel to the top of the shoe. A straight-shaped shoe will have a line that passes through the middle of the toes.

These shoes offer added stability and are great options for pronators. If you are a supinator, you should look for a shoe with more of a curve-shape. These shoes will have that imaginary line that will pass through the outer half of the toes.

Construction

When looking at a shoe, it is important to know the construction of the shoes. It is recommended you look at the stitching both on the inside and outside of the shoe. Shoes built for pronators will often have

little to no visible stitching. These shoes are sometimes known as board construction shoes and are built for pronators as the board provides support.

Opposite to the board construction shoes, there are slip-construction shoes. These shoes will have lots of visible stitching running the length of the shoe sole. This type of shoe is built for supinators as they are very flexible.

Combination shoes, appropriate for mild pronators or supinators, will have stitching that begins halfway up the sole.

Midsole

The midsole determines most of the cushioning and stability of a running shoe.

A dual-density midsole provides shock absorption as well as some stability, perfect for pronators.

Single density midsoles offer good cushioning but are not great at providing stability, making them better for supinators.

Weight

Not as important as the

shape and construction of the shoe, another consideration when picking your next running shoe is weight.

Weight will affect longer distance runners more but can be helpful for all runners. Trying to pick a shoe that is lighter in weight can go a long way. For example, say your shoe weighs 1lb and you are running at a cadence of 60 strides per minute. The muscles in your legs have essentially lifted 60lbs per minute.

Now, think of the difference for a shoe that weighs 1.5 lbs. which would be an extra 30 lbs. per minute that your legs will have to work.

Over a run, that is a lot of extra work and weight that the body has to do to accomplish the same run. By choosing lightweight shoes, you can reduce the work on your legs and allow you to run further and faster.

Good luck to everyone participating in Missis-

sauga race weekend. Don't forget to hydrate, refuel and stretch after the race to help with any post-race muscle soreness.

Thanks for checking in - and Stay Healthy!

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LIFESTYLE / AROUND TOWN

Rib 'n' Roll to kick off event season in style

by Alex Gregory

One of Brampton's signature festivals is set to take Gage Park by storm once again, as the annual Rib 'n' Roll returns for its 16th year on May 24-26!

The annual ribfest, which sees thousands of hungry eaters descend on the downtown core for great eats and fantastic entertainment, will be the first major event of the summer season, and promises to be a hit with local residents and foodies of all ages!

Event co-chair John Sanderson, who works with the Rotary Club of Brampton, says the event has always attracted great support from the community, sponsors and volunteers, and this year will be no exception.

"We look forward to a rock and rib extravaganza again this year," he says.

Started 16 years ago, the event has grown in size to attract more than 20,000 visitors over the course of three days, and this year's event will prove to be the biggest yet, featuring special

guest performers, activities for the whole family and much more!

Live entertainment will run throughout the park from Friday, May 24 through Sunday, May 26, including tribute bands, marquee acts and many others.

Previous headliner group The Carpet Frogs are back to wrap up Saturday night in style, and this year's event will also include appearances from Abba tribute band Abba Revisited, Freedom Train, the Dave Murphy Band, Elton Rohn, the March Joseph Band and more!

Sunday will feature "Ward Family Day", a staple of the festival sponsored by Ward Funeral Homes, including entertainment for families, bouncy castles, animal shows, Zumba classes, face painting and much more... along with a few surprise acts.

"We have different crowds throughout the weekend, and we wanted to ensure that families with children are part of the event," said

event co-chair Wendell Brown.

"We wanted to create an interactive environment that's fun for everyone and with the Ward commitment to family. It was a perfect partnership."

Money raised from the festival will help support a

number of worthy organizations in the local community, including ErinoakKids, Rotary Youth, Peel Memorial Centre for Integrated Health and Wellness and Tour for Kids.

A voluntary contribution will be accepted at the entrance gates, with funds also

going to support Rotary's work in the community.

"Rotary believes in supporting local business, and we get terrific support from local business as well," added Sanderson.

"The City of Brampton has been our key funder from the beginning - with sup-

port from their Community Grant Program.

The event will run on Friday, May 24 from 5 - 11 p.m., Saturday, May 25 from 12 - 11 p.m. and Sunday, May 26 from 12 - 7 p.m.

For more information and schedules, visit ribnroll.com.



Asian Heritage Month begins with Peel spotlight

Schools across Peel will acknowledge Asian Heritage Month next week with a variety of events, special celebrations and initiatives taking place throughout the month, organizers say.

The events and activities will run throughout May, and will feature a Spotlight on Asian Heritage event hosted by the board at the HJA Brown Education Centre on May 8 and 9.

More than 500 students and staff will attend the spotlight events, which will consist of a keynote presentation by social activist and mental health advocate Loizza Aquino and interactive workshops led by Peel staff.

The events will celebrate and acknowledge the

achievements of Asian Canadians who have helped shape its culture and history, said PDSB director of education Peter Joshua.

"Throughout our history, (Asian Canadians have) done so much to shape Canada as the culturally diverse and prosperous nation we know today," Joshua said Monday.

"Although Asian Heritage Month takes place in May, our students and staff will continue to shine the spotlight on Asian heritage in their schools and communities throughout the school year."

Many Asian Heritage Month activities are taking place across Peel schools during May and throughout the year, including:

- Dance-Shala, a dance workshop consisting of a variety of Indian classical dances including Bollywood and Bhangra, which will be hosted at Claireville Public School (97 Gallucci Crescent) on May 15 and 16.

At the end of the month on May 30, the school will hold a Cultural Dress Day and showcase a student flash mob routine that was learned during Dance-Shala.

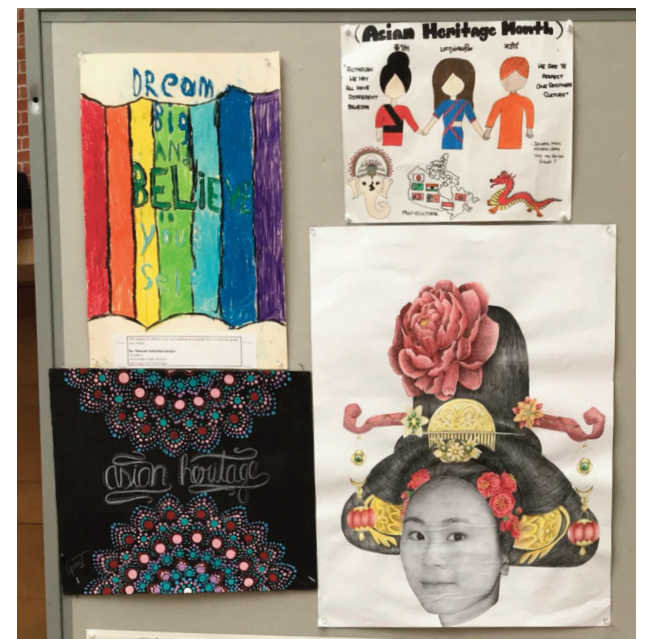
- Mississauga Secondary School (550 Courtney Park Drive West) will host a student-led event later this month (date TBA), where they will feature headwear from various Asian cultures to celebrate the Heritage Month.

- Thomas Street Middle

School (2640 Thomas Street) will host an Asian Heritage Month assembly on May 30, featuring guest speaker/former Mississauga Poet Laureate Wali Shah. The school will also host a 'Parade of Nations' during the assembly.

Asian heritage artwork by students will be on display in the atrium at the HJA Brown Education Centre (5650 Hurontario Street) throughout the month of May.

For more information on the events or to watch livestreams of the upcoming Heritage Month celebrations, visit the PDSB Facebook page at facebook.com/peelschools.



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Local dancers accepted to prestigious U.S. school

A pair of local dancers in Mississauga achieved a rare feat earlier this month, as both were accepted into a prestigious U.S. performing arts school.

Cawthra Park Secondary School graduates Flora Ferguson and Larissa Leung have been given acceptance letters to the Juilliard School, one of the most exclusive performing arts academies in North America.

The duo, who practice 20 hours a week on their craft, are just 2 of 24 students accepted into the school's Bachelor of Fine Arts program for the Fall 2019 term.

The honor has only been given out a handful of

times to students within the GTA, with Toronto trumpeteer (and former Halton Mississauga Youth Orchestra member) William Leathers being accepted into the school's music undergraduate program.

The acceptance is a dream come true for the two women, who are graduating this year - and are best friends, making their dual acceptance a rare feat.

"I'm just so shocked and overwhelmed with so many feelings... I don't know how to feel," Leung told CTV News earlier this week.

Juilliard's dance program is one of the most difficult to get into, and receives

thousands of applications each year from students across the world. According to Cawthra Park, this is the first time female students have been accepted into the program.

A fundraiser is also being hosted by Ferguson's family to offset the cost of tuition.

"Every one deserves their shot at their dream, and of all people, Flora especially," said a post by Rakeem Hardy. "Super proud of her and all she's done to get this far...and she's only going further! This is just the beginning."

Ferguson's fundraiser can be accessed by visiting gofundme.com/72xr200.



Applications now open for Brampton neighbourhood grants

Local organizations and neighbourhood groups looking to make an impact on their community can get needed support for their projects through a round of grant funding being offered by the City of Brampton.

Applications are now open for the Brampton Neighbourhood Initiatives Grant, which supports local projects up to the amount of \$1,000 across a variety of fields, including arts and culture projects, public space improvement, active living initiatives and much more.

The funding has been developed as a way to help residents put their ideas into

motion and create lasting change in the community, and get them more socially involved in their neighbourhoods.

The grants are offered via an on-going granting opportunity, with applications being accepted each month through Nov. 2019, or until the 2019 fund reaches its annual budget.

For more information on the grant funding or how to apply, visit the City of Brampton website at brampton.ca/EN/City-Hall/grants/Pages/Welcome.aspx, call (905) 874-3395 or email at communitygrants@brampton.ca.



Mississauga restaurant hosts fundraising dinner for local conservancy



Summit Garden Chinese Cuisine held a fundraising dinner last week to support one of Mississauga's "hidden gems".

The restaurant, located near the Mississauga/Oakville border, hosted its 21st annual fundraising dinner last Friday to support the Riverwood Conservancy.

The sold-out dinner had numerous guests in attendance, including former Mississauga Mayor Hazel McCallion, Brampton Mayor Patrick Brown and Toronto Argonauts legend Damon Allen, among many others, who helped raise funds for the organization through a silent and live auction, along with a wine tasting, live music by the Dan Bodanis Band and a banquet-style dinner.

Many organizations have benefited from the annual fundraising

dinner, including the Yee Hong Community Foundation and the ILC Charitable Foundation, among many others.

Funds from the event will help support Riverwood's environmental education programs and its mission to connect children, adults, with individuals with special needs to the wonders of nature.

The 150-acre, urban nature preserve is situated on the shores of the Credit River and connects residents with nature, along with helping them learn about the importance of protecting, conserving and restoring natural spaces for the well-being of future generations - all while experiencing the beauty of the Riverwood gardens.

(PWN Staff Photos)



Town mulls street change to recognize former resident

Caledon's elected officials are considering a street name change to recognize a local legend.

The Town is proposing that part of Cross Country Boulevard, located west of Highway 50, be renamed to honor former Assistant District Fire Chief Roy Clarkson, considered to be a local legend by many.

Clarkson, a longtime resident of Bolton, was one of the area's most dedicated firefighters, often being first on the scene during his 33-year career.

Clarkson passed away suddenly while fighting a house fire in 1980, and has continued to be remembered by subsequent generations for his perseverance, hard work and commitment to the community.

The section of street proposed for renaming extends west from Highway 50 to the southward bend in the street, and would include the rear entrance driveway to the new fire station under construction at 14002 Highway 50.

According to a release sent by the Town last week, the renaming is intended to be a permanent reminder of Clarkson's dedication to serving the community.

The street renaming by-law will be brought to Town Council during its meeting on May 28.

For more information or to provide comments, contact Kyle Munro at (905) 584-2272, ext. 4247 or email kyle.munro@caledon.ca.

Seven activities to try out this Garden Month

Spring is finally here - and it's time to get your hands dirty.

It's that time of year to dust off your trowel, put on your gloves and prepare to plant some flowers. Channel your inner green thumb and get outside to enjoy what Mother Nature has given us for Garden Month.

To celebrate garden month, consider trying out these gardening activities:

- Visit some pollinator gardens for inspiration: Mississauga has new pollinator-friendly gardens in Streetsville, Dr. Martin L. Dobkin Park and at Port Credit Library that contain perennial flowers and plants to attract bees, butterflies, hummingbirds and other pollinators. Be sure to stop by these gardens if you're in the area!

- Plan your indoor or outdoor garden: Need some plantspiration? Take some time to research the best plants for your home, balcony, patio or yard. You want to make sure that the plants you choose will thrive in the location you plant it whether it's succulents, bushes or flowers.

- Plant pollinator-friendly flowers or create a bee house: Whether you have a yard, porch, balcony or a small outdoor space, you can always plant pollinator-friendly flowers.

A pollinator garden can be any size and helps attract pollinators, like bees and butterflies, to help plants produce fruits and seeds. You can also build a bee house to provide a nesting site for bees.

- Build a rain garden: Every time it rains or snows, the water that runs off

roofs, roads and driveways is known as stormwater. This water can collect pollutants like dirt, fertilizer, chemicals, oil, garbage and bacteria if these are present on the ground.

To help keep stormwater clean, you can build a rain garden. A rain garden contains soil and plants to help slow down the runoff and allow it to soak into the soil where it's cooled and cleaned. By planting a rain garden, you can help restore the natural water cycle while protecting local groundwater, creeks, rivers, lakes and fish.

- Try planting fruits, vegetables or microgreens in your garden: Looking to cut down your grocery bill this spring and summer? Consider planting lettuce, cucumbers, tomatoes, zucchini peppers in

your garden. You can also plant herbs like basil, dill, mint or thyme. Not only will you save money, you'll also be able to eat your delicious hard work.

- Conserve water: Saving water in the garden is just as important as in the home. Conserving water not only helps the planet but also your bank account. Be sure to only water your garden when the soil is dry - if it's damp, it's fine. You can also consider placing a rain barrel at the end of your downspout to collect rainwater to use for your garden.

Now that the winter weather is finally over, it's a good time to enjoy the sun and collect some vitamin D while you're out gardening at home or enjoying the gardens!



The Four-Legged Stool of Cardiovascular Disease

by Dr. Peter Woznik

Did you know that cardiovascular disease (heart attacks and stroke) is the number one cause of death in men and women in North America?

Most commonly, what is happening in this disease is a blockage of an artery. If this happens in the heart, you have a heart attack; however, if this happens in the brain, you have a stroke.

How does the artery become blocked?

I like to describe cardiovascular disease as a four-legged stool, with the cause coming down to four primary factors. First, let's talk about cholesterol, a factor many people have heard of.

You have several types of cholesterol in your blood stream. You may have heard of HDL cholesterol, your "good" cholesterol and LDL cholesterol, your "bad cholesterol". Unfortunately, the latest research shows these two terms aren't very accurate.

While it is partially useful to look at LDL levels, what is more accurate is non-HDL cholesterol. The higher these two forms of cholesterol, the

more likely it is you'll have cholesterol build-up in your arteries, which can lead to arterial blockage.

How to lower your cholesterol? Well, counter-intuitively, how much cholesterol you are consuming in your diet doesn't matter since your liver makes the vast majority of cholesterol circulating in your bloodstream.

This issue has been studied to death with eggs in particular, one of the highest cholesterol containing foods. There exists no relationship between the number of eggs one eats and their risk of cardiovascular disease.

What is more important is supporting your body's ability to get rid of excess cholesterol.

Firstly, this is why good liver health is important. In order to support this, reduce the amount of alcohol and other foreign substances you're ingesting (as the liver has to process these).

Supplement with herbs such as milk thistle or dandelion root, and in regards to the latter, I really enjoy a cup of dandelion root tea.

Another way to support your cholesterol elimination is to make sure your soluble fibre intake is high. The highest sources of soluble fibre are beans and legumes, as well as vegetables such as broccoli, sweet potato, and avocado. As your liver eliminates cholesterol into your large intestine, it can be reabsorbed.

There are two ways to prevent this reabsorption. One is to have it bound by fibre, the other is to make sure to have probiotics (good bacteria) in your diet. Probiotics can inactivate the cholesterol and ensure it isn't reabsorbed.

The second leg of the four-legged cardiovascular disease stool is blood pressure. Simply put, the lower one's blood pressure, the lower their risk of cardiovascular disease.

There are many factors that contribute to lowering blood pressure; however, proper electrolyte levels are key.

Your body's primary electrolytes are sodium, potassium, magnesium, and calcium. I believe sodium, or table salt, has gotten too much of a bad-rap.

In a minority of people, they will benefit from dietary sodium reduction; however, the vast majority of people's blood pressure has a minimal drop from salt restriction.

In regards to the other electrolytes, this involves increasing vegetable consumption for potassium (such as avocados), magnesium supplementation (magnesium citrate or magnesium glycinate are great), and optimizing calcium levels via vitamin D supplementation, since vitamin D controls absorption of di-

etary calcium.

Another therapy more powerful than salt restriction is sauna usage.

There is extensive research now, especially in northern Europe, of the many benefits of dry and wet saunas, such as the kinds at spas or in gyms. Furthermore, this research shows the more the sauna is used, the more powerful the effect.

Up to 5-7 times per week was examined in some studies and found larger decreases in blood pressure

than 1-2 times per week.

Stay tuned next week for the last two legs of the cardiovascular disease stool!

In the meantime, make sure to see your Naturopathic Doctor about getting your cholesterol and blood pressure monitored and optimized.

Yours in health,

Dr. Peter Woznik, ND, Core Optimum Health Centre
416-613-8110
thinkcore.ca



Health and Wellness - Having a Joyful May

by Elizabeth Banfalvi

May - what a busy month!

We have Mother's Day and Victoria Day. Mississauga is holding the Carassauga and Bread & Honey Festivals. It is the start of a very busy season.

It is the wonderful spring warmth that returns and is the promise of the summer to come. It has been a long hard winter, but now spring is here and the grass is green and the trees are almost full of leaves. The flowers are in full bloom and crops are being planted and sprouting up all over.

Carassauga will be celebrating its 34th Anniversary this year. In 1986 it began with ten Pavilions and operated only on Saturday and Sunday. It is an important annual event in Mississauga, and is the largest multicultural Festival in Canada in terms of visits and ethnic diversity representation.

The Bread & Honey Festival originated in 1973 through the Promotion Committee of the Town of Streetsville. The first Festival was such an outstanding success that it became an annual event, held the first Saturday in June.

The theme of Bread & Honey originated from community commerce. Timothy Street established the first area flour mill and two well-known existing mills still operate - Kraft Canada and ADM Milling Ltd. There were many small local apiaries at the time, so it was natural to add honey. Each year at the Festival, everyone enjoys bread that is baked specially by the milling companies and generously coated with local honey.

May 5 is the 125th day of the year in the Gregorian calendar. There are 240 days remaining until the end of the year. This day marks the approximate midpoint of spring in the Northern Hemisphere.

May 5 is also Cinco de Mayo, a Mexican holiday. In the United States, Cinco de Mayo has evolved into a celebration of the Mexican culture and heritage, particularly in areas with large Mexican-American populations.

The May flowers are the lily of the valley and the hawthorn plant. The fragrant lily of the valley signifies sweetness, humility, and a return to happiness.

The birthstone for May is the Emerald which is associated with friendship, faithfulness and loyalty. The vibrant green hue of the May birthstone symbolizes the renewal of life in Spring.

Emerald is a precious gemstone and is one of the rarest and most valuable gems.

So many awareness tributes initiatives are held in May. For cancer awareness, there is Bladder, Brain Tumour, and Melanoma. In Mental Health, there is Hypertension, National Child and Youth Mental Health and Mental Health Week Awareness.

For other health issues, there is Celiac, Hemochromatosis, National Physiotherapy, Vision Health, Naturopathic Medicine, World Red Cross and World Lupus Awareness Month.

What a month! We are out more and the barbeque is fired up more often.

Victoria Day, which commemorates the birthday of Queen Victoria (May 24), our queen at the time of our Confederation, is celebrated.

In the winter, we tend to go to tropical destinations,

but in the spring, we go to cottages and enjoy nature, fishing, and just sitting in the sun and drinking our favourite beverages. It is Barbeque Time!!

The Stanley Cup finals and MBA Basketball are in full playoff mode. Go Raptors! Every night we can find a sports game to watch. Baseball, rugby and soccer seasons have started and are in full swing.

What a wonderful country we live in to have sports so prominent. The Olympics are drawing close, so we will see more featured sports being competed.

School is almost done and the features now are the "prom" and graduations. Children need to find appropriate clothes for these events.

What a surprise when they come out all dressed up and we realize that they are growing up so fast.

The sounds we hear most often now are mowers and grounds keeping. Now is when there is a clean-up effort all around.

The road workers have to fill in all the pot holes in the roads and talk about how many there were.

Community centres are full with the better weather and people being more active. It is all about enjoying the weather and the feeling of being free of the cold.

By now, there are less flocks of birds flying across our skies and landing in groups. They have mainly arrived back to where they have migrated from. There are more events and gatherings in our parks. We see people walking their dogs

and now the sunglasses and hats are more evident.

My Mississauga Writers Group is proud to be a part of both Carassauga and Bread & Honey Festivals, so come by and say hello.

Our topic theme for our anthologies is Mental Healing. so the question we will ask you is, "What makes you happy?"

Be prepared to join us and write about your happiness.



Local student brings space invention to life

Students at Macville Public School investigated life in space in order to create inventions to make astronauts life on the International Space Station easier, more comfortable and fun.

The inventions were created as part of the international competition, Inventions for Space, organized by Little Inventors in collaboration with the National Sciences and Research Council of Canada (NSERC) and the Canadian Space Agency (CSA).

Grade 6 student Arashdeep Sroya's invention called "The Sun Cube" is one of 18 inventions selected from across the globe to be brought to life by the Little Inventor's Magnificent Maker. Sroya's invention - The Sun Cube - is designed to simulate sunset and sunrise by using a LED light and

battery. The invention also plays nature sounds, is designed to help astronauts sleep better and can be set using Wi-fi.

As part of the competition, Sroya had the opportunity to speak with Isabel Deslauriers, the Magnificent Maker, to explain his invention further to ensure it is created to his expectations.

The 18 inventions created will be exhibited as part of Science Odyssey, Canada's largest celebration of science, technology, engineering, arts and mathematics, from May 4 - 19.

The competition was created in collaboration with the NSERC and the CSA to "challenge children across the country to come up with ideas that could be developed into inventions to make life in space easier and more fun."



Arashdeep Sroya (Photo Courtesy of PDSB)

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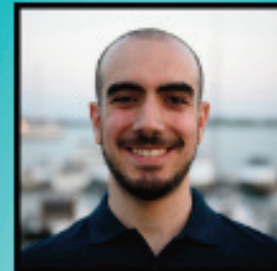
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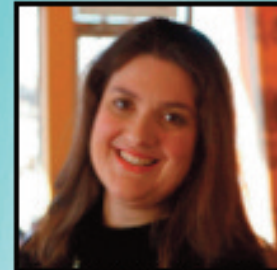
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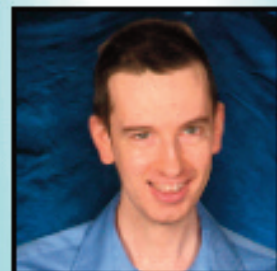
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MENTAL HEALTH AMBASSADOR



MELANIE TADDEO

TEACHER, STROKE SURVIVOR

PERFORMER



RITU NEB - PURE SOUL ENERGY

Opinion

Losing a parent is always difficult

by Surjit Singh Flora

Losing a parent is always difficult, but saying goodbye to your mother or father when you're still a child brings its own unique kind of heartache.

My dad always wanted to move to Canada so he could provide a better education and a better life for his family.

I was only five years of age when the day came that dad flew to Canada in pursuit of our better future.

Thinking back on our life in India, before we came to Canada, I recall a modest-sized house with four rooms, a kitchen, a bathroom and a little room my dad used as a post office. He was a postmaster.

I lived in that house with my parents, brother and four sisters.

We weren't rich or poor. Just a nice, happy, loving family. But my dad always believed a real future for his

family could not be found in India, but rather in Canada.

It took 11 years until dad was granted landed immigrant status. He wrote to us saying he was going to come back for us, and we were finally all moving to Canada. But his visit back home never came.

By the time my father received approval for himself and his family to immigrate to Canada, the stress he experienced during that long wait, the constant worry about being sent home, his worrying about his family back home in India — it all took a toll on him.

He became quite ill. He suffered high blood pressure and developed a heart problem and diabetes. Sadly, he died of a heart attack before he could bring us to our new home in a new country.

We were optimistic about our success in a new country.

Like so many other families separated by distance, modern communication is a blessing and with the time gap they rejoin together, but in our situation, we never seen each other again.

I was five years old when he left us and 16 when he died. My memories of my dad are the vague, foggy memories of a small child.

My uncle, who had helped dad get to Canada once again came into our lives as an angel. He did his best to support us and played a major role bringing about my family's success here in our new country.

Despite our treasured national mythos as a promised land of wealth and opportunity, our history is littered with tales of losing one's father, and it always brings tears in my eyes.

Today, I'm 47 years old and Canada has been my home for

almost 30 years. To this day, whenever I experience difficulties in life or in my career, I feel sadness and regret at not having my father me to help me through the difficult times.

My immigration story has something in common with countless others: it is one of heartbreak and hardship. And this has been true throughout the many decades of immigration to this country, stretching back over a century.

It is also true that with each new generation the process becomes more efficient, humane and effective.

Perhaps I'm being selfish, but I can't help but be in a way envious of more recent immigrants. My own experience began with the loss of my father, and was characterized by hard work, sacrifice and little government support. Yet, I don't begrudge

new refugees or immigrants a better system.

Canada is a wonderful country. I continue to learn new things, confront new challenges and enjoy new experiences.

Still, so many times I can't help but think about how my dad was taken from us. I miss him and have always felt his loss.

Yes, living with the big hope that time will heal the pain one day. Remember even though he is gone but his memories, influences and teachings are still with me and will always be, I use them to give me strength and believe me they are make me stronger.

But sometimes, it brings tears to my eyes and his beautiful memories. After some thoughts of those positive memories, it soothes my pain and make me feel good.

Yes, there's nothing that can

help to get rid of the pain of losing my first superhero, my father. He might not be here for me, but that doesn't decrease the love I have for him.

So, I try to make my pain my strength and not my weakness. I try to become the person that my father wanted me to be.

Before I do anything, I ask myself if it would make my father proud and happy. Also, I make time for things that make me happy and do them.

With the hope that wherever my father is, he is watching me. And there is nothing that would make him happier than to see me being happy.

The pain and the suffering strength, I feel like my dad is always with me. Perhaps not beside me, but within in my smile, thoughts and actions. That gives me a piece of mind that doesn't hurt me.

“American Songbook” on deck this weekend

Get ready to be transported back in time with Windmill Music's upcoming cabaret, The American Songbook – Music of the 40's & 50's, which will be performed this weekend.

Mississauga's celebrated group of professional musicians are set to interpret the great "American Standards", commonly known as the most important and influential popular songs and jazz standards from the early 20th century.

Showcasing 10 professional vocalists from the Mississauga area, American Songbook will delight audiences with its high-caliber musicianship and authentic cabaret experience complete with complementary snacks,

candlelight and cash bar.

Featured performers include Heidi Cyfko, Sarah Dacunha, Diana Rimac, Emily Falls, Heather Christine, Raylin Marcotte, Jason Hales, Blair Barnsdale, Malakai Viera and John Stephen. The show will be guided by Musical Director Jennifer Tung.

The American Songbook – Music of the 40's & 50's will be presented tomorrow night and Saturday, May 4 at 8 p.m. at the Great Hall located at 84 South Service Rd.

Tickets are \$35 and may be purchased on the Windmill website at windmillmusic.org or by calling 905 483-5702.



Day of Mourning



More than 150 safety advocates, dignitaries and residents visited the Milestones of Labour Monument on McLaughlin Road early Sunday morning to take part in a ceremony acknowledging the National Day of Mourning, held to commemorate workplace safety and raise awareness of unsafe working conditions throughout the country.

Representatives including local Mayors, federal NDP leader Jagmeet Singh and Peel Police officers took part in the ceremony, which include wreath-laying, presentations by labour representatives and speeches about the importance of workplace health and safety.

(PWN Staff Photos)

National Youth Week set to take city by storm

It's that time of the year, when we celebrate all things youth.

National Youth Week will be taking place over the next few days, held in Mississauga as part of celebrations across the country, and will include a focus on youth-led activities.

There are free activities happening all week targeting youth aged 12 to 18 years-old. Check out a spring cooking class, learn archery, try out yoga or take part in a giant game of Connect Four or Jenga. Many activities are organized by youth for youth.

Things will kick off this weekend with The Amazing Library Race, which runs Saturday from 11 a.m. – 3 p.m.

At each library, students will complete skill-testing challenges, and will travel on MiWay to visit as many of the City's libraries as possible before 3 p.m.

The grand finale will be held at the Central Library at 3 p.m., where participants can gain extra points for their knowledge of Missis-

sauga. Youth can register for the event for free in person at any City library.

The following day, the Battle of the Centres Basketball Tournament will run from 12 – 8 p.m. at the University of Toronto Mississauga Campus in the Recreation Athletics & Wellness Building (1825 Outer Circle).

Each Community Centre will send a team of 12 novice and advanced players who participate in the City's Sauga At Play after-school drop-in program. The tournament will be round robin style.

On Tuesday, May 4, a temporary art mural will be unveiled from 4 – 6 p.m. at the Sculpture Court Skate Park in the Mississauga Civic Centre.

Nine emerging Mississauga artists will work alongside Canadian artist-athlete, Mango Peeler to unveil a series of new murals inspired by the poetry of Mississauga's Youth Poet Laureate, Pujita Verma.

For more information, visit mississauga.ca/portal/discover/nyw905

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Opinion

Travelling the World - Why I Love It

by Vidya Gopaul

Let me begin by referring to a quote from a divine prophet who, some hundred and seventy-four years ago, said, "The world is but one country and mankind its citizens".

He wrote that statement in His Most Holy Book, The Kitab-i-Aqdas.

As a world traveller, that statement is so true to my heart. because after visiting forty-six countries and counting, I honestly believe that the entire world is truly one country and entire population is its citizens.

After travelling many countries, including across Canada three times, most of the U.S., Mexico, Panama, Columbia, Argentina, most of Caribbean Islands, China, Singapore, Thailand, India, Israel, Egypt and many others, I concluded that there is a strong commonality in terms of human interactions, showing compassionate, loving each other, understanding each other, running their own internal political affairs, education systems, monetary dealings and their religion structures.

Yet, these people are different in nature, colours and speak different languages.

Hence that is why I love this Earth - because they are different in every aspect, and yet they act as one.

It would be nicer, based on what I just described, if the entire world was but one country, one government, one political system, one universal language, one religion, one monetary system and one education structure.

The above prophet has predicted in his sacred writings that it will happen at one point in human civilization. At that time, I will not be alive, but I would still love Earth that much more because dealings among different nations will be that much easier: no NAFTA issues, no levying huge steel and aluminium tariffs, sales of lumber disputes, auto industries challenges and much more.

Doctors Without Borders will really be without borders, because people can travel from one place to another without any barriers due to one passport system.

Employment will be easy to obtain in any country, because we all will be educated in one education system; hence, there will be no need to upgrade or assess one's credentials when we travel to different places in the world.

There will not be any world war because of one political system and we will all live in peace and harmony. And any

type of asylum seeker will be non-existent.

Another reason why I love Earth is because, since the dawn of civilization, it has supported and fed over seven billion people - and yet it does not complain at all.

The above prophet is right when he mentioned in his holy writings, "Be as humble as the ground you walk on."

If we can only learn from that statement, human interactions will be peaceful, greed will be eliminated, sharing wealth will be possible, the gap between the rich and poor will disappear, the notion of "me, me, me" will not exist, neighbours and nations will co-exist without any animosity and will have more empathy and sympathy of one another.

- why has only Earth been blessed with the kingdom of mankind, animals and vegetation? Why not Venus, Mars, Jupiter, Mercury or our moon being populated with any type of creature, disregarding for a moment that there might have been life on those planets postulated by the scientists?

My own theory is that just maybe God created all these planets and populated them on a rotational basis.

As one can learn, all these planets are aligned around the sun in a circular manner, but spaced out thousands of miles apart. From the sun going outward, we have Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto.

I have the theory that Mer-

cury and Venus were already populated at some point in time and right now it is the turn for Earth to be populated.

The food that I ate in Argentina, Jamaica and Aruba was cultivated by the same rain and air that we have in Canada. Once again, they were transported to those countries by the air jetstream.

Therefore, we are different and yet we are as one, and that is the beauty of our planet earth. And that is why I love Earth - because it binds us all in one basket and yet we adapt and flourish in different ways.

I do not think anyone, including the political, spiritual and scientific leaders, can accomplish such phenomenon. For lack of a better word, I can say it is a miracle!

Our planet Earth is a self-contained entity. I am sure when God decided to create our Mother Earth, he took his time to design it so that it will perpetuate for millions if not billions of years and will sustain its content. It has survived millions of years through all kinds of catastrophic climate, and will continue to do so in the future

so that all of us can have a secure and better life.

This is a mind-boggling and complicated process which is beyond my comprehension, and that is the very reason I love Earth.

The eruption of volcanoes, the oncoming of hurricanes, flash flooding, earthquakes and any other natural disasters are part of the process the Earth goes through to rejuvenate and update itself so that we can have a sustained life for millions of years to come.

We may not like to go through those processes, whereby we suffer and lose a lot, but in the long run, it is for our own betterment.

Our planet was at one point in history one continent surrounded by waters. Over

can go any part of the earth and be part of millions of years of history without even being a million-year-old person!

All these beauties and mysterious aspects of earth make me love our Mother Earth that much more.

Once you do gardening, work on the farm and grow vegetables for yourself then you understand and love the earth first hand.

Those who grew up in the city, never been to a farm and always wanted to work in an office, it will be that much harder for them to appreciate and love the earth.

It is very paradoxical that people always want to live in the city, want to have well-paid office jobs or white-collar jobs - and yet, they fail to realise that their very existence has happened thanks to the help of our Mother Earth.

We are all born out of our Mother Earth and will die into our Mother Earth. While travelling all around the world and talking to the citizens of those countries, they all have the same mentality, that is, they all want to live, work and have white-collar jobs in the city rather than working in the fields and cultivate the earth.

They forget that the very existence of those cities is established from the materials, such as, iron, gold, aluminium and silver extracted from the earth.

I have worked both in the fields cultivating the earth and held a white-collar job in the city. Therefore, I appreciate and love earth first hand.

There are people who are born in the city and have never visited a farm field have asked me the question, "Do peanuts grow on trees? Or do potatoes grow on trees? Or how to do you grow strawberries?"

Have you realised that the majority of the migrants and asylum seekers from developing countries tend to settle down in the cities in Europe, United States of America and Canada? Why is that?

Because they do not want to work in the agricultural fields in their own countries and thus crowd the cities they are settling in, creating more traffic congestion, overpopulation, and hence creating more air pollution, which leads to more climate change and deletion of ozone layers in the atmosphere.

To be concluded next week...



We, including the animal kingdom, have used and abused the Earth just to satisfy our needs and greed, and yet, it has not complained once.

It has kept providing us all the ingredients to survive and live a better life. It has helped us invent every type of better tools, discover new medicine, travel from one place to another and build means of transportation to travel into space for discovery purposes.

Just think for a moment that out of billions of stars and planets in the universe, God decided to populate only Earth. For that reason only, we all should be very proud, honoured and appreciative.

Hence, we all must love and cherish our Mother Earth, and try to do our level best to save it in the very best possible ways we can. Once our Earth is destroyed with climate change, nuclear bombs or any other man-made disasters, we will never get our earth back.

The question to be asked is

curry and Venus were already populated at some point in time and right now it is the turn for Earth to be populated.

In the future, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto will have the chance to inhabit all kinds of beings.

For them to sustain life, they have to switch on the same rotation as Earth, which as scientists have theorized that it is the right distance from sun to maintain any form of life.

Hence, in my theory, Mars will be next to switch with Earth in millions of years, and will start to have all types of living creatures, cloud, air, water and all the other ingredients to sustain them without us human beings trying to fly to Mars to populate it. It is impossible to do so.

After travelling to so many countries, visiting so many cities, talking to many different people of different cultures, eating many types of foods, using all kinds of transportation, drinking water



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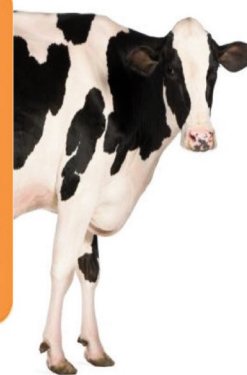


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